

Cookbook

Nancy Brace does wonders with apples

By CHARLOT M. DENMON
Staff Correspondent

An apple is cider, jelly, salad, cake, and pie, and only 76 calories if eaten raw! So buy them, eat them, bake them, cook them, freeze them, or try them in the recipes Nancy Brace shares this week with our Dallas Post readers:

When it comes to apples and how to use them, Nancy is one person, who should certainly know. She is married to Larry Brace of Orange, whose family has been in the apple business for five generations and always grew the apples they have sold.

Born and raised in Forty Fort, Nancy became a resident of Orange when she married Larry, who was in business with his parents. They have 150 acres of land, 90 of which they use to raise fruit, primarily apples but also some peaches, pears, and grapes.

Their son, Paul, is also in the fruit business with his parents and their daughter, Linda, graduated from Bloomsburg State University with a degree in business management and is employed at Commonwealth Telephone Company. She is also pursuing a Master's Degree at Scranton University.

The Braces sell some of their fruit at the Farmers Market, but also sell the apples from a building on the farm, seven days weekly from 9 a.m. to 5:30 p.m. They also make fresh cider daily. This year they expect to have apples until about March. The Braces usually pick apples until about Nov. 1, the last varieties being the winter apples such as Northern Spies, Romes and Ida Reds.

"The longer the winter apples stand, the better their flavor," said Nancy. "We also raise Golden Delicious, Red Delicious, Macoun, Empire, Cortland, McIntosh and Jonathan, all of them good eating or cooking apples. It depends on individual tastes."

Nancy enjoys cooking and perhaps it is natural that she likes making anything with apples although she says her favorite in the culinary field is making desserts. She is well known for the delicious cinnamon apples she makes, although that is not one of the recipes she shares this week.

Nancy also makes a delicious Hot Rum and Cider Drink and she freezes cider so she has some available to make the drink for the holidays.

The Braces put their social activities on hold such as the Gourmet Club to which they belong, a Party of the Month group, and Nancy is a member of the Wilkes-Barre Woman's Club. She also collects recipes and, of course, what else than apple recipes of which she has several books.

In addition to the cider recipe, Nancy shares with our readers, Apple Sandwiches, Snappy Apple Salad, Apple Cake, a 1st prize winner at Glastonbury Apple Fair, Swedish Apple Pie and Apple Crunch.

Each recipe is equally delicious so it is up to Post readers to select their favorite one or more.

HOT RUM & CIDER
2 sticks cinnamon, about 3" each
1/2 t. whole allspice
12 whole cloves

Tie above ingredients in small cheesecloth bag
6 c. apple cider
1/2 c. maple syrup
2 T. lemon juice

Mix in large saucepan, add spice bag. Heat to boiling, reduce heat and simmer 15 minutes. Remove spice bag. (If desired, stir in one cup gold rum and garnish with



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Manning the stands

Nancy Brace spends her days during the Fall season manning the apple sales stand on their farm, but she still finds time to prepare some of her favorite apple recipes for her family.

orange slices.)

APPLE SANDWICHES

2 apples, finely chopped
1/4 c. raisins
6-8 oz. ham, finely chopped
1/2 c. peanut butter
1/2 c. salad dressing (Miracle Whip)
12 slices buttered toast
Lettuce leaves

Combine all ingredients except toast and lettuce leaves. Spread about 1/2 cup of apple mixture on six slices of toast, top with a lettuce leaf and cover with remaining toast. Cut sandwiches in half and serve immediately.

SNAPPY APPLE SALAD

2-3 oz. pkgs. or 1-6 oz. pkg. lemon jello
2 c. boiling water
2 c. apple juice
1-2 c. chopped apples
1/2 c. sliced celery
Sour cream 'N Cinnamon dressing+

Dissolve gelatin in boiling water, add juice. Chill until slightly thickened, add apples and celery. Chill two hours or until set. Garnish and serve with dressing. Serves 12.
(+Sour Cream 'N Cinnamon Dress-

ing - Combine two cups (one pint) sour cream; 1/4 cup mayonnaise and one teaspoon cinnamon. Chill before serving.) **APPLE CAKE**

4 c. chopped apples
1 1/2-2 c. sugar (to taste)
2 t. cinnamon
2 c. flour
1 1/2 t. baking soda
3/4 c. vegetable oil
1 t. salt
2 eggs, beaten
2 t. vanilla
1/2 c. chopped nuts

Mix apples and sugar in bowl, let stand. Sift flour, cinnamon, baking soda and salt together. Beat eggs and vanilla and oil. Combine all ingredients and stir well; add nuts last and reserve some to sprinkle on top of cake. Bake in 13x9x2 cake pan at 350 degrees for 50-60 minutes. Serve plain or with whipped cream.

SWEDISH APPLE PIE

Fill pie pan two thirds full with peeled, sliced apples. Sprinkle with 1 T. sugar and 1 t. cinnamon. In small bowl combine 3/4 c. melted butter or margarine, 1 c. sugar, 1 c.

flour, 1 egg, 1/4 c. small chopped nuts and pinch of salt. Pour batter over apples, covering them all. Bake at 350 degrees for 45 minutes.

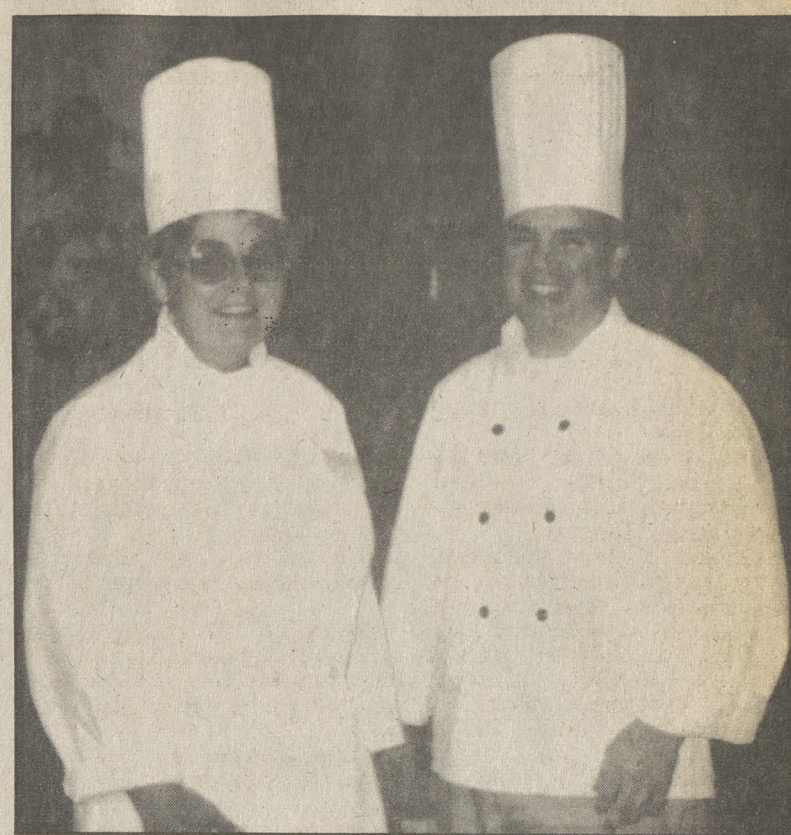
Additional chopped nuts may be sprinkled over apples before batter.

APPLE CRUNCH

3 lg. apples
Sugar
Cinnamon
1 c. flour
1 c. sugar
1 t. baking powder
1/2 t. salt
1 egg
1 stick melted margarine

Butter glass pie plate. Cut apples and place in bottom of pie plate. Sprinkle with sugar and cinnamon. Mix together flour, sugar, baking powder and salt. Add egg and melted margarine. Mix (mixture will be stiff). Pour over apples. Bake at 350 degrees for 35 to 40 minutes.

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Completes course

Barbara Simons of Countryside Inn, above left, is shown here with her instructor, Chef Flattery, following completion of a course in Garde Manger at Johnson-Wales School, Providence, R.I. Mrs. Simons was certified in the preparation of cold appetizers, pates, vegetable and ice carvings, salads and salad dressings, and mousses; catering and banquet set-ups. The program was designed for persons with two to five years food service experience. Barbara and her husband, Dave, own and manage Countryside Inn, Demunds Corners, Dallas, where they specialize in steaks, seafood and barbecued ribs.

Nesbitt offers candy screening

Concerned for children's safety during Halloween, Nesbitt Memorial Hospital and several of its Outpatient Satellite Centers will offer FREE X-ray screenings for trick-or-treaters on Halloween and the following day. Residents are invited to bring their treats to the Nesbitt Memorial Hospital, 562 Wyoming Avenue, Oct. 31, 7 p.m. to 9:30 p.m.; Nov. 1, 9 a.m. to 5 p.m. In addition to the screenings, children will receive free band-aid dispensers, balloons and other assorted treats. First Aid Guides for children will also be handed out at the hospital and the outpatient centers listed above. Nesbitt Memorial Hospital wishes all of the Wyoming Valley a safe and happy Halloween.

Read the Classifieds

Jayne's Apples
McIntosh, Cortland, Delicious, Golden, Del., Empire, Greening, Northern Spy, Spigold & Mutsu Apples. Jayne's Fresh Sweet Cider — quantity discounted, Produce, Apple Butter, Gift Shop.

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West Auburn
Rt. 267 From Meshoppen
Rt. 367 From Laceyville or Lawton
NOTE: WINTER HOURS - Mon. Thru Sat. 9 A.M. To 5 P.M.; Sun. 1 P.M. To 5 P.M.

Cheerleading contest slated

United Cheerleading Camp will host the largest cheerleading contest in the United States on Sunday, Nov. 24 at Hackensack High School, Hackensack, N.J.

Competition begins at 10 a.m. and will continue throughout the day in cheer, pom-pom and dance drill. All grammar and high school teams,

singles, and doubles are welcome to participate in this professionally judged competition.

A March 9 Spring competition is also planned.

For further information, call: Judi Murphy, director (201) 573-8949 or write: 114 Spring Valley Road, Park Ridge, N.J. 07656.

Read The Classifieds

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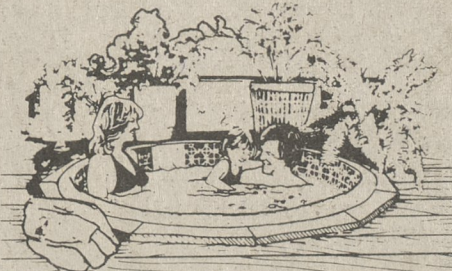
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